

Health Literacy Program

Course Title: Health Literacy	Lesson Title: Health Literacy
Instructor: Richard Crutcher, Gadsden Correctional Facility	Assistant Instructor Required: Gadsden Correctional Facility Inmates
Location of Training: Gadsden Correction Facility	Evaluation Method: Pre-Test, Post Test , Teacher evaluation
Space Requirement: Classroom or dorm day area	Training Model: Classroom Setting
Max. # of Students: 15-30	Total Time Required: At least one hour up to two hours
Prepared by: Antonia Ramirez	Revised by: N/A
Date: 2/27/14	Date:
Approved by:	Date:

Instructional Objectives

<p>Standard:</p> <ul style="list-style-type: none"> • Student will go through all material in the Staying Healthy Learner's Guide to Health Care & Healthy Living, Women's Health, Special Edition, & Coping with Stress, Special Edition 	<p>At the end of this training session the student will be able to do the follow:</p> <ul style="list-style-type: none"> • Understand the importance to connect with the health care system • Have the tools to find and access affordable primary care • Understand the info on a prescription bottle • Read & compare nutritional facts to encourage healthier eating • Identify diseases & medical issues that may affect themselves or their families • Identify practices that help maintain good health • Interpret information on HIV/AIDS & other STD's • Identify agencies that assist with family planning • Identify sources of stress & resources for stress reduction
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Lesson Plan Body

Course Title: Health Literacy

Lesson Title: Staying Healthy

Orientation:

- Instructor Background
- Introduction of classmates
- Pre-Test
- Present question: What does staying question mean to you?
- Collage on what staying healthy means. (Groups of 4) Present to class
- Introduction of Class

Objectives:

- Students will have the basic understanding of what is entailed in staying healthy.

Chapter 1: Health Care

- Conduct all activities
- Go over listing of local health care discount services

Learning Objectives:

- Students will list three reasons for visiting a doctor for a checkup
- Students will recognize emergency health care situations and when to call 911
- Students will be able to ask their doctor questions about their health care
- Students will know where they can find local programs they can contact for help paying for health care

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Chapter 2: Your Doctor

- Conduct all activities
- Go over the value of having questions and your medical history ready when you see your doctor.

Learning Objectives:

- Students Will identify two helpful ways to prepare for a doctor's appointment
- Students will know three important questions to ask their doctor or nurse
- Students will know how to ask their doctor to clarify information that they did not understand
- Students will describe eight common symptoms clearly
- Students will fill out a health history form, and ask for help on parts that they do not understand

Chapter 3: Medicines

- Conduct all activities
- Review different prescription bottle labels

Learning Objectives:

- Students will understand the difference between over-the-counter medicines and prescription medicines
- Students will know how to find and understand six pieces of information on a prescription label
- Students will explain how to take medicines from reading the directions on the label
- Students will give examples of five important questions about their medicines to ask their doctor or pharmacist

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Chapter 4: Nutrition

- Conduct all activities
- Review portions & calories worksheet
- Come up with healthier recipes

Learning Objectives:

- Students will explain two ways that nutrition affects health
- Students will describe the functions of 5 important nutrients, and name foods that contain them
- Students will name four rules for healthy eating
- Students will identify four important pieces of information on a food label

Chapter 5: Chronic Disease

- Conduct all activities
- Group discussion on chronic diseases
- Encourage students to do further research in the library
- Diabetic at (risk) questionnaire

Learning Objectives:

- Students will be able to define chronic disease
- Students will be able to explain why regular checkups are important in identifying chronic diseases
- Students will be able to describe the following chronic diseases: asthma, diabetes, and, heart disease
- Students will be able to identify signs that a chronic disease is worsening and a person should call the doctor

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Chapter 6: Staying Healthy

- Conduct all activities
- BMI activity
- Overview on Wellness, Ultimate Fitness Challenge, Biggest Loser, etc.
- Participate in closed book discussion

Lesson Objectives:

- Students will reflect on, then share in English with the class, their own wisdom and experiences concerning prevention of sickness and disease
- Students will summarize their experiences into five rules for healthy living
- Students will compare their rules with rule presented in Chapter 6
- Students will identify two sources of additional information on health
- Students will name one action or activity to improve their health and/or the health of their families

Coping with Stress

- Conduct all activities
- Speaker: Yoga Instructor
- Breathing techniques
- Count resting heart rate
- Identify stressors and resources for stress management

Learning Objectives:

- Students will be able to define stress
- Students will be able to give an example of a personal stressor
- Students will be able to explain how stress can affect a person's body, and what a person thinks or does
- Students will be able to describe how stress affects health
- Students will be able to give examples of ways to cope with stress

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Women's Health: Part 1: Healthy At All Ages

- Conduct all activities
- Group discussion on pregnancy
 - Have student discuss pregnancy in general as to avoid feeling uncomfortable

Learning Objectives:

- Identify female physical sexual stages: menstruation and menopause
- Understand preconception care and health pregnancy, miscarriage, abortion, labor, and delivery
- Examine options for a baby's nutrition: breastfeeding vs. formula
- Identify signs and risk factors of female cancers
- Prevent sexually transmitted infections
- Recognize symptoms of sexually transmitted infections
- Access treatment for female cancers and sexually transmitted infections
- Identify behaviors of domestic violence and rape
- Know how to report incidents of domestic violence and rape

Women's Health: Part 2: Stay Healthy, Stay Safe

- Conduct all activities
- Speaker: Domestic Violence & HIV/AIDS
- Questions and open discussion

Learning Objectives:

- Identify female physical sexual stages: menstruation and menopause
- Understand preconception care and health pregnancy, miscarriage, abortion, labor, and delivery
- Examine options for a baby's nutrition: breastfeeding vs. formula
- Identify signs and risk factors of female cancers
- Prevent sexually transmitted infections
- Recognize symptoms of sexually transmitted infections
- Access treatment for female cancers and sexually transmitted infections
- Identify behaviors of domestic violence and rape
- Know how to report incidents of domestic violence and rape